

In the sacred embrace of Shringverpur Dham, a place revered in the Ramayana, stands the Vanvasi Shriram Vishram Ashram, a haven of spiritual devotion and learning. The ashram's very existence, steeped in ancient folklore and housing sacred idols, inspires a profound connection to the epic. Many believe this site to be the first major stop in Lord Rama's journey into exile after leaving Ayodhya, where he, Sita, and Lakshmana rested for a night before venturing into the forest. This belief imbues the ashram with a unique sanctity.

Within the ashram's serene environment, devotees find a special place to connect with the divine, and to seek solace and remedies for various afflictions.

A Navgrah Mandir graces the grounds, where stone idols of all nine celestial bodies reside, each with its precisely inscribed yantra. Here, prayers are offered to harmonize planetary influences and seek blessings for well-being. Individuals facing *Grah Dosha* (planetary afflictions) may find guidance and perform specific rituals here to mitigate negative effects.

The ashram also cherishes and protects cows in its own Gaushala, a testament to the Hindu reverence for these gentle animals. The Gaushala not only provides sanctuary but also supports the ashram community with fresh milk and other pure cow products.

Vedic traditions come alive in the ashram's Panchkund Yagyashala, where sacred fire rituals (Yagyas) are performed. The hall, featuring five holy altars, becomes the stage for ceremonies invoking blessings, purification, and spiritual growth. Under the guidance of learned saints, these Yagyas can be powerful remedies for *Pitra Dosha* (ancestral afflictions), *Grah Dosha*, and *Kaal Sarp Yog* (a specific astrological condition).

Adding to the natural beauty and spiritual ambiance, a Panchwati, a grove of five sacred trees, stands within the ashram.

To preserve ancient wisdom, the Shring Rishi Vedic Ved Vidyalay functions within the ashram, imparting Vedic knowledge to its students.

The ashram's connection to the revered poet Tulsidas is strengthened by its association with the Tulsi Sahitya Prachar Samiti. This organization is dedicated to spreading the teachings of Tulsidas, especially his epic, the Ramcharitmanas.

The spiritual heart of the ashram beats with the traditions of the Ramanandi Sampradaya, considered a branch of the Sri Sampradaya, one of the major

Vaishnava lineages that worship Vishnu and Lakshmi. The Ramanandi tradition, while part of this larger family, holds a special devotion to Rama and Sita.

Central to the Ramanandi Sampradaya is its Guru Parampara, the unbroken chain of spiritual teachers. This lineage, it is said, begins with Sita and Rama themselves, and includes revered figures like Raghavanandacharya, known for his acceptance of all castes, and Ramanandacharya, who championed devotion to Rama and Sita.

Within this respected lineage, the ashram honors a specific succession of Gurus: Tulsidas Ji, Muraridevacharya, Baldevadas, Raghunathdas, Ramanandacharya, AnantDas, Raghunathdas Mauni Baba (whose cave, where he meditated for many years, is known as Mauni Baba ki Gufa), Ramprasad Das, and Dharnidhar.

The ashram also houses sacred deities, which further strengthens its connection to the ancient past. A Panchmukhi Shivling, brought from the Narmada River by Mauni Baba, radiates spiritual energy. And very old Ashtadhatu idols of Ram, Laxman, Sita, and Hanuman in a sitting posture are also present.

Under the guidance of its respected Peethadhishwar, Shri Shri 1008 Swami Ramprasad Das Ji Maharaj, the Vanvasi Shriram Vishram Ashram stands as a beacon of faith, knowledge, and community in the holy land of Shringverpur Dham, offering not only spiritual solace but also traditional remedies for those seeking relief from life's challenges.